WHY ‘END THE SILENCE’?

Feelings of shame, isolation, and lack of support are often major factors that contribute to a victim’s choice to remain in an unsafe or unhealthy relationship. Many people are unaware not only of the signs pointing to a potential domestic violence situation, but ways to support and aid victims of domestic violence.

The End The Silence campaign goal is to stop victim blaming and entreat the community to stand alongside victims and survivors of domestic violence as safe allies and remind them that they are not alone.

As a community, we are here to support them—we will no longer enable the veil of silence that has devastated and continues to devastate so many women, children, and families.

GET INVOLVED

This October, YWCA will “paint the town purple” during Domestic violence Action Month. Purple is the nationwide designated color to visually represent support for domestic violence victims.

Visit ywcaspokane.org to learn how you can help End The Silence this October during National Domestic Violence Action Month.

ywcaspokane.org | 509.326.CALL (2255)
Domestic Violence is a pattern of controlling behavior used to maintain power in a relationship by one partner over the other. While women are disproportionately victims, men are also victim of domestic violence. While each case is unique, abusers use a range of abusive behavior to control their partners including physical, emotional, psychological, sexual, financial, and spiritual abuse.

Isolation from friends and family, using children as bargaining tools, and threatening deportation and/or using a victim’s legal status as a means to keep their partner in an abusive relationship are also common patterns of domestic violence abuse.

Often, it is difficult to identify various forms of abuse, particularly when they are indirect or not as obvious as physical and/or sexual violence. Use this wheel to learn about the main forms of domestic violence.

CULTURAL ABUSE
Acceptance of in-law abuse (physical, emotional, and financial) · Using cultural norms as a tool to limit physical movement, justify beating, demand subservience · Limit role of partner and prevent them from working · Prevent the possibility of marrying by accusing the partner of adultery as a way to impact their honor and/or chastity

USING IMMIGRATION STATUS
Threatening to deport partner and/or children, report them to INS, not fill out paperwork to file for citizenship/permanent status · Intentionally withdrawing paperwork once it’s been filed to jeopardize legal status · Not allowing partner to learn English · Isolation from anyone that speaks their language

USING COERCION AND THREATS
Making and/or carrying out threats to do harm · Threatening to leave, or commit suicide · Make partner drop charges · Making partner do illegal things · Threats to out you

USING INTIMIDATION
Making partner afraid through looks, actions, gestures · Smashing things · Destroying their property · Abusing pets · Displaying weapons

USING EMOTIONAL ABUSE
Making partner feel bad about themselves · Calling their partner names · Making them think their crazy · Playing mind games · Humiliation · Making them feel guilty